

## What to Wear!

### *Overview:*

Students decide what to wear paddling based on various conditions.

### *Associated Objectives:*

- ☐ Students will become familiar with basic safety and dress guidelines for canoeing or kayaking.
- ☐ Students will become familiar with terminology and equipment associated with canoeing and kayaking.

### *Time:*

20 - 45 minutes

### *Materials:*

Different styles of clothing (socks, shorts, jeans, wet suits, cotton shirts, fleece jackets, sandals, boots, waders, etc.) made of various materials (cotton, rayon, fleece, etc.), slips of paper describing weather and water conditions (one for every group)

### *Directions:*

Copy and cut the “Paddling Conditions” handout. Split students into small groups (2-3) and give one condition slip to each group. Tell students they are going paddling. Optional: Provide copies of “Dressing for Paddling” from the **Paddling Equipment** section of the *Background Information*. Have students select the most appropriate clothing for the situation. Each group should present their choices and explain them.

### *Ask students:*

**What would you wear on a warm, early spring day for a picnic? Should you wear the same outfit paddling? Why or why not?**

**Is water temperature the same as air temperature? Which should you dress for when paddling?**

**Why is it important to dress appropriately for paddling?**

### *Evaluation:*

Students will select clothing appropriate for paddling conditions and be able to justify them.

### *Extensions:*

Have students select PFDs and equipment for the given weather conditions also. Include faulty and good equipment for students to choose from.

Have one student per group “model” the appropriate clothing and/or equipment.

**Paddling Conditions**

Weather conditions: sunny, breezy Air temperature: 80 °F Water temperature: 50 °F	Weather conditions: cloudy, breezy Air temperature: 60 °F Water temperature: 75 °F
Weather conditions: sunny, calm Air temperature: 75 °F Water temperature: 50 °F	Weather conditions: cloudy, calm Air temperature: 65 °F Water temperature: 50 °F
Weather conditions: sunny, calm Air temperature: 75 °F Water temperature: 75 °F	Weather conditions: cloudy, calm Air temperature: 70 °F Water temperature: 65 °F
Weather conditions: cloudy, breezy Air temperature: 55 °F Water temperature: 40 °F	Weather conditions: sunny, breezy Air temperature: 90 °F Water temperature: 80 °F
Weather conditions: sunny, calm Air temperature: 95 °F Water temperature: 85 °F	Weather conditions: sunny, calm Air temperature: 80 °F Water temperature: 50 °F
Weather conditions: cloudy, breezy Air temperature: 50 °F Water temperature: 40 °F	Weather conditions: sunny, breezy Air temperature: 95 °F Water temperature: 85 °F
Weather conditions: cloudy, calm Air temperature: 60 °F Water temperature: 45 °F	Weather conditions: sunny, breezy Air temperature: 60 °F Water temperature: 55 °F
Weather conditions: sunny, calm Air temperature: 65 °F Water temperature: 65 °F	Weather conditions: cloudy, breezy Air temperature: 65 °F Water temperature: 60 °F
Weather conditions: cloudy, calm Air temperature: 55 °F Water temperature: 40 °F	Weather conditions: sunny, calm Air temperature: 85 °F Water temperature: 70 °F
Weather conditions: cloudy, breezy Air temperature: 80 °F Water temperature: 80 °F	Weather conditions: sunny, breezy Air temperature: 75 °F Water temperature: 65 °F